



Navy Environmental Health Center
"Think Populations - See Individuals"

Crews Into Shape

Crew Member Weekly Log

turn in to your Crew Leader on-time for 1 bonus point!



Crew Member's Name:

	Fluid Intake (# of oz.)	Type of Exercise Activity	Exercise Minutes	Fruits & Vegetables Log: List amount (i.e. 1/2 cup) and type of fruit & vegetables eaten	Total # of Fruits and Veg. Eaten
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
	# Days drank 64oz of Fluids (1 point per day max)		# Days Exercised 30 Minutes (1 point per day max)		# Days Ate 5 Fruit & Veg (1 point per day max)